

Farewell From the President. . .

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First and foremost I would like to thank Dr. Bhat, Maggie, Tori, and Carrie for catching the vision and making this year one of the best for the Alpha Chapter. We have accomplished so much and can truly be proud of the outstanding work we have done. I would also like to thank all of our new and returning members who actively participated this year. I would especially like to highlight the first-year master's cohort for going above and beyond the call of duty by chairing committees, organizing events, and the handful of individuals who participated in every single event we hosted this year.

I would also like to thank our faculty members who have been supportive of our efforts, including donating funds, encouraging student participation, and allowing us to make announcements during their classes. We appreciate your ongoing support and we are truly grateful.

As I prepare to pass the torch to Laura, our new President for the 2012-2013 school year, I would like to wish her and her team all the best as they enter a new era. I would encourage all of you to pace yourselves and be mindful of the tasks you commit yourselves to, and remember to have fun in everything you do. I will be in Athens next year, please feel free to call on me anytime.

To all of our members, and to the incoming cohorts who have yet to walk the halls of McCracken, I wish you all success in everything you do. Take advantage of every opportunity you have while you are here. The time goes quickly and you do not want to leave here wishing you had done more. I encourage you to leave a legacy as you work towards accomplishing your personal, professional, and academic goals. And congratulations to all of our graduates!

Sincerely,

Natalie F. Williams, M.S.
Doctoral Candidate



Meet our New CSI Leadership Team!



President: Laura Pressley, MA, PC.

I am currently pursuing a doctoral degree in Counselor Education and Supervision at Ohio University in Athens, OH. I received a BA in Psychology and a BA in Women's Studies at the University of Michigan in Ann Arbor, MI in 2006 and received my Master's in Counseling Ministries from the Methodist Theological School in Ohio in 2011, focusing on substance abuse and gender issues within pastoral and professional counseling. I have worked with teen groups who were working on substance abuse issues, as well as in a residential facility for women recovering from addiction. My research interests include counselor professional development, multicultural perspectives, gender issues, urban culture, substance use and abuse, suicide prevention, and working with minority populations. I love watching college football (Michigan Wolverines!), traveling, and spending time laughing everyday with my husband.



Vice-President: Amber Casey

Hi everyone! I am a rehab and mental health counseling student born and raised in Columbus, Ohio. My interests in counseling include substance abuse, minority populations, adolescents, and working with groups. Outside of class, I love traveling, painting and art, animals, spending time with friends and meeting new people. I love working with CSI, getting new opportunities and hope to get more and more people involved during the next year!

Meet our New CSI Leadership Team!



Secretary: Kayla Thompson

My name is Kayla Thompson and I am the newly elected secretary of Chi Sigma Iota. I am from West Lafayette, Ohio. My undergraduate degree is from Ohio University Zanesville, a Bachelor of Specialized Studies with Areas of Concentration in Psychology, Social Work and Child and Family Studies. I am interested in working with children in the future. My present areas of interest are child abuse, bullying and Dissociative Identity Disorder. I enjoy hiking, camping, running, shopping and photography.



Treasurer: Marcia Gase

Hello everyone! I am a Rehabilitation and Mental Health counseling student from Willard, Ohio and have greatly enjoyed working with my cohort. I am a graduate assistant in the counseling program and love being involved with CSI. Currently, I am working on presentations with other Doctoral and Master's students focusing on substance abuse. In my free time I enjoy running, working on community service, and spending time with family and friends. I look forward to a great year with the rest of the executive board and all members!!

Spotlight on Dr. Tom Davis

By Marcia Gase

“When I look at people I am optimistic”.

This well-known quote by Carl Rogers seems to describe the distinguished counseling professor Dr. Tom Davis. Dr. Davis is known throughout Ohio University, the Athens community, as well as the counseling profession. Often referred to by his doctoral students as coach, there is little doubt of the impact he has had on students in and out of the classroom for the last twenty-seven years. Following the summer quarter, he will be retiring both as a full time professor and as the Secretary of the Board of Trustees for Ohio University.



Our interview for the CSI spotlight reflected his contagious positivity as well as his caring and attention to others. When asked about his passions in counseling, Dr. Davis mentioned passions relating to practice and profession. Within practice he greatly enjoyed school counseling early in his career as well as clinical work involving diagnosis and treatment planning for clients. As a professional, he expressed his strong interest in developing a professional identity and being responsible for our profession as counselors.

Dr. Davis described his journey to counseling beginning in undergraduate work here at Ohio University. After four different majors, he met and was coached by an influential health educator who taught him more about mental health. After finishing his bachelors at OU he continued his masters work at Marshall, one of the first CACREP accredited programs. He later went on to complete his doctorate work through a dual program with Ohio State University and Miami University.

After retirement, Dr. Davis intends to stay connected to Ohio University and the broader counseling community. He will continue to teach one semester each year and serves on the CACREP board of directors through 2015. He hopes that he will be able to more involved with the board and be able to conduct more site visits. Personally, he hopes to play more golf, have more time for his life long passion of running, and to help his wife with their new house. However, Dr. Davis believes that his identity will remain forever connected with the profession.

When asked about what he enjoyed about teaching in the counseling field, he hoped that the information and passion he had given to his students could make an impact in the field as professionals. He described his students and his relationships with them as his legacy. Dr. Davis advises new professional counselors to stay current and politically aware. As new counselors we must be vigilant and active in establishing our identity. The scope of practice of professionals is constantly being challenged and we must stay engaged.

Dr. Davis Continued...

By Marcia Gase

Ohio University will always hold a special place for Dr. Davis. Completing his undergraduate work here, he views OU as the place where he was able to grow and learn how to be a strong lifelong learner. He remarked fondly on his athletic career here as a pole-vaulter, as well as his opportunity to become more politically aware while in Athens for undergrad. After 12 years when Dr. Davis returned to accept a faculty position, he felt the same magic of Ohio University. Twenty-seven years of service later, the magic still lives for him and always will.

We thank Dr. Davis for his service, time, knowledge, and kindness. You have inspired countless students and professionals to develop as counselors. Throughout your career at Ohio University you have left your own magic in the counseling department helping us as students believe in ourselves, mentoring fellow faculty, and spreading your infallible optimism to all. CSI wishes you enjoyment in your retirement and looks forward to your continued work with the counseling profession.

Help Me, I'm New!

Helping Our First Years Navigate Their Experience

By Sharon Musial

As I walked into McCracken Hall, room 214 to the Counselor Orientation for First Year Graduate students last September, I remember telling myself, "all the paperwork, effort and feeling of panic are gone now, the anxiety stemming from the thought of forgetting something was over, I am here now and I can focus on learning". I had it together now. Hold it...what is Livetext? And Listserve? It costs how much? OCA and ASCA, CSI and TCMHCS? Ok, I need a program of study by when? Counselor trainee status? As the acronyms flew, that familiar anxious feeling crept back in and being reassured that, "it's in your handbook," lent modest comfort.

In efforts to eliminate confusion navigating through the first year experience, as the 2013 graduating cohort, we would like to offer our assistance. The function of this section will be to answer questions by other CSI'ers and provide helpful information as recommended by fellow students, faculty and anyone else who has walked through the halls of McCracken with that recognizable and universal look of alarm and confusion.

To kick off this column, please send your top 5 worries or concerns as you remember them from your first quarter in the program. For fall quarter, the top 5 (of the top 5) will be presented in column along with information in addressing the areas of focus. Make sense?

Send to sm156011@ohio.edu by July 31, 2012! The future cohorts of Ohio University will thank you! Now, go read your handbook.

This year on April 20, 2012, CSI got to be a part of GoodWorks "Friday Night Supper." This is a community dinner prepared and served by different groups every week with the help of the community members, in which a lot of the community come from the Timothy House, a local Homeless Shelter.

We served an array of meat and vegetarian Chili, cornbread, regular bread and peaches, with a vegetarian tray brought by a local ministry group. There were between 120-130 people at this event. We got to serve, eat, and talk to each person in the community.

Not only is this dinner a serving experience for each person who prepares the dinner, it is also a way for everyone to sit at the same tables, intermingling with each other and making friends. After supper, there were activities such as volleyball, cornhole and kids club. This is more than just a "serving the needy" project. This is a community effort to know those in the community, where those who are homeless, college students, and community members can sit together and talk. This is a place to love others and support our friends.



Community Corner

by Amber Casey

But I wonder more and more if the first thing shouldn't be to know people by name, to eat and drink with them, to listen to their stories and tell your own, and to let them know with words, handshakes, and hugs that you do not simply like them, but truly love them.

--- Henri Nouwen

To know more about this project, please visit <http://www.good-works.net/sponsor.htm>

Don't Burn Out, Little Flame

Simple Tricks to help Lower Your Stress Level- Johanna Henninge

"Compassion for others begins with kindness to ourselves."

- Pema Chodron

We all know the end of the quarter crunch. All our assignments are due at once (or so it seems when you're a procrastinator such as me) and there just does not seem to be enough time to write all those papers, sleep, go to class, go to work, eat, exercise, clean the house, let alone spend time with our loved ones.

Rough is the life of a grad student...but let's face it, things may not get much easier once we are happily employed at the counseling agency of our dreams. Many counselors see a different client every hour for 6-8 hours a day with not much time to recuperate in between sessions. Lunchtime is spent doing paperwork, I've been told.

So how do we prevent burnout, as students and as professionals?

Here are some things that I find helpful at times when life seems overwhelming:

- ◆ **Write a to-do-list. Set your priorities for the day, but keep the list short and manageable!**
- ◆ **Do yoga.**
- ◆ **Or any other form of exercise you enjoy.**
- ◆ **Go outside! Get some fresh air, and sunshine; take a hike at the Ridges, Stroud's Run, or Sell's Park.**
- ◆ **Use essential oils.**
- ◆ **Take a hot shower.**
- ◆ **Drink a cup of hot tea.**
- ◆ **Listen to some of your favorite music.**
- ◆ **Take the time to hang out with a friend.**
- ◆ **Watch a movie or your favorite TV show.**
- ◆ **Take a nap.**

What works for you ultimately depends on what you enjoy doing (maybe you are artistic and painting or playing the piano really helps you relieve anxiety and stress; maybe you have a lot of energy and running or dancing is your thing). In general, the formula for good physical and mental health seems to consist of good nutrition, plenty of sleep, exercise, and meaningful interpersonal relationships.

Yoga is probably my favorite stress reliever. The flow and repetitive nature of the poses are very centering, and it provides just the right balance of exertion and meditation. I never used to exercise much, but once I started doing yoga I began to realize just how intertwined mental, physical, and emotional health are. If you are interested in giving yoga a try, Athens has its own yoga studio, Inhale Yoga, located on Carpenter Street diagonally across from Family Dollar. They offer a variety of yoga classes from restorative to power yoga. OU's Ping Center also offers yoga classes, free of charge to OU students.

Essential oils are also a wonderful mood-booster and can give your home a more relaxing feel. Among others, bergamot, lavender, sandalwood, vanilla, rose, and ylang-ylang will relax you; orange, cedarwood, geranium, peppermint, and pine oils have a revitalizing and stimulating effect. I personally like to put about 10 drops each of orange and lavender oil in an essential oil diffuser; if you don't have one of those, just put the oils in a pot of water on your stove and turn on low, or add the oils to your bath water, or mix them into an unscented body lotion, or put a few drops on your pillow at night, or...the possibilities are endless!

Don't Burn Out, Cont...

Finally, good nutrition and adequate sleep go a long way in keeping us healthy. Think you need to pull an all-nighter to write that perfect paper? Think again. Most likely you will be much more productive, creative, and focused after a good night's sleep. Trust me, I speak from experience...

Eating well can seem like a challenge when most of your classes meet at night, forcing you to eat vending machine food for dinner, or microwave a frozen entree when you get home because there is no time to cook a "real" meal. However, processed foods, excess salt and sugar deplete your body of essential nutrients, and bring your whole metabolism out of whack so you end up feeling more tired and irritable than you did before you ate. You could chop some vegetables such as peppers, carrots, or onions, over the weekend and store them in Ziploc containers in your fridge. That way, you can easily throw together a stir-fry at night, or make a quick salad. Buy or make some hummus and you'll have a healthy snack for school.

If all else fails, let yourself freak out for a minute, yell, cry, and make silly faces. Then take a deep breath, cuddle a kitten, and remind yourself that what seems to matter so much in the moment is really a drop of water on a hot stone in the end.

Congratulations, Award Winners!

Congratulations to the Gladys W. & David H. Patton College of Education 2012 Award Winners!

Abraham Memorial Scholarship: Shantel Hammet

Dr. Christine Suniti Bhat: Distinguished Faculty Outreach

Dr. Tom Davis: Distinguished Faculty Graduate Teaching

And Counselor Education Awards Presented at the Patton College Award Luncheon

Amber Casey: Suzanne Apple Scholarship Fund

Natalie Williams: Donald A. Green Memorial Award

Eric Francis & Bilge Sulak: Frances P. McNiece Endowed Scholarship

David Yost: Edward L. Nugent Scholarship

Sherry Shamblin: J. Melvin Witmer Creative Altruism Award

Pictures on Pgs. 14-18

Multicultural Counseling and Development Award Winners!

Dr. Yegan Pillay : Exemplary Diversity Leadership Award

Natalie Williams: Emerging Graduate Student Leader Award

Congratulations to Natalie Williams on being a finalist for Outstanding Doctoral Student for OU And CSI for being a finalist for Outstanding Community Service for OU

Congratulations to Dr. Christine Suniti Bhat for becoming OCA President beginning July 1, 2012!

Congratulations to Dr. Davis for receiving the University College Outstanding Alumni Award

Also Congratulations to Dr. Yegan Pillay & Dr. Christine Suniti Bhat on becoming Associate professors!

These are just some of the awards counseling faculty, staff, and students have gotten this quarter! For more award winners this past year and other nominations, please see previous CSI Newsletters!

Annual Induction Banquet!

June 2, 2012

Please Welcome Dr. Tom Sweeney and Dr. Jane Myers to Athens on June 2, 2012!



Dr. Tom Sweeney is Professor Emeritus here at Ohio University and was the founder of CSI Alpha Chapter. He is the Executive Director Emeritus of CSI, and lives in North Carolina. With Dr. Sweeney's help, CSI has grown from the Athens campus into over 250 chapters over the world, making it one of the largest counseling associations worldwide, working towards counselor excellence and advocacy. Dr. Sweeney has agreed to return to the Alpha Chapter as an honored guest for our most important event of the year, the banquet!

As a special surprise, he has offered to bring Dr. Jane Myers as his guest. Dr. Myers is the founder of the Rehabilitation Counseling program at OU and internationally respected leader in the area of wellness. She currently the professor of Counselor Education at the University of North Carolina at Greensboro. Beginning this year, she has transitioned into the role of CSI Executive Director, taking over the spot previously held by Dr. Sweeney. She is a National Certified Counselor and a Licensed Professional Counselor. A fellow of the American Counseling Association and the Chi Sigma Iota Academy of Leaders for Excellence, she is a past president of the American Counseling Association, the Association for Assessment in Counseling, the Association for Adult Development and Aging, and Chi Sigma Iota International, and a past chair of the Council for Accreditation of Counseling and Related Educational Programs. She was identified as one of 25 individuals viewed as among the most influential leaders in the counseling profession over the last century.



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is

Both Dr. Sweeney and Dr. Myers have written numerous books, manuscripts, training videos, and articles in the profession of counseling. It is an honor to have both of them here to speak to us, and enjoy Athens with us!

For More information on Dr. Sweeney and Dr. Myers, you can visit

Dr. Sweeney: <http://www.csi-net.org/displaycommon.cfm?an=1&subarticlenbr=14>

Dr. Myers: <http://www.csi-net.org/displaycommon.cfm?an=1&subarticlenbr=15>

Please join us at the PING Center on June 2, 2012 from 6-8pm!

Tickets are on Sale Now for \$25

Bring your friends and family!

Go International!

By Chrissy Ward



Why fly out of Athens when you can Go International here? Chrissy Ward, Kayla Thompson, and Gugu Nkosi enjoy the International Fests here in Athens. These festivals allow us a peek into the world of our international friends. Pictured here is the Holifest (from India), and the Latino Fest. These festivals and more are put on annually, and they include dancing, food, and other cultural experiences. As counselors, we need to be culturally aware of the world around us, and going to these festivals can allow us to broaden our horizons, try new things, and learn more about outside of the United States. For more information, please visit ohio.edu/calendar for a calendar of all events happening at Ohio University.

6th Annual Legislative Advocacy Day

By Sharon Musial

State Representative Aneilski supporting House Bill 543- Youth Suicide this week at a sponsor hearing. Also known as the “Jason Flatt Act”, this act is intended to educate those who educate Ohio’s youth on suicide requiring training in suicide awareness prevention and recognizing warning signs. This training is to include teachers, principals and support staff. State Representative Aneilski experienced the loss of her own son, Joe, to suicide and in affiliation with the Cornerstone of Hope program, has provided “Joe-ski box” (pictured) at no charge to schools in efforts to provide a safe and secure avenue for students to ask for help, or to call attention to someone who may be in danger of suicide. Wooden boxes with logo are placed inside schools, in an inconspicuous location, locked and checked daily by an appointed person.

For more information please or to request a ski-box, please send email to joeskibox@gmail.com. For updates on legislative bills and hearings, please go to <http://www.legislature.state.oh.us/>

Ohio State House Atrium

Pictured: Laura Pressley, Sharon Musial and The Honorable Marlene Anielski, Ohio State Representative for the 17th District.



Sue Apple Run

By Amber Casey



The Annual Sue Apple Run sponsored by CSI was held on May 5, 2012.

Congratulations to all the winners, and thank you for coming to support the memory of Sue and her amazing contribution to the field of counseling. If you would like more information about Sue, or would like to help out next year, you can go to <http://sueapplememorialrun.webs.com/>

Pictured: Scott Wolfe, Michelle Swanson, Maggie Selander, Amber Casey, Marcia Gase, Nanang Ganawan, Tori Wood

Letter From the Faculty Advisor

Dr. Christine-Suniti Bhat

What a banner year for the Alpha Chapter of Chi Sigma Iota this has been! Under President Natalie Williams' outstanding leadership, and with the hard work of the leadership team, VP Maggie Selander, Treasurer Tori Woods, and Secretary Carrie Luce, we have accomplished some wonderful programming. Our efforts have enriched the experiences of our counselor education community, and we have expanded our influence within OU and in our Athens community. I would like to thank and acknowledge the efforts of our committee chairs as well. You are all amazing leaders and your work has strengthened our chapter immensely.

Here are some achievements that I am particularly proud of: (1) The work of the professional development committee led by Eric Beeson and the Pizza and Proposals initiative. It has been inspiring to see so many Master's and Doctoral students excited about research. (2) The university grant we wrote to buy the Lee Mun Wah film, "If These Halls Could Talk", and the university-wide screening we held at the Baker Center theater. Given that this film was only released in February 2012, the Alpha chapter of CSI is at the frontline, engaging our community in important conversations on diversity, understanding, and appreciation of each other; (3) The advocacy grant we were awarded from CSI and the fantastic turn-out we had at our advocacy workshop; (4) Our continued focus on working for greater good in our community - particularly our projects with Good Works, the homeless shelter. My congratulations and thanks to each and every one of you who worked on these and all our other initiatives this year.

As we wind down 2011-2012, we are excited about 2012-2013 and what it will bring. What better way to end a wonderful year than with our spring induction banquet on June 2 with two illustrious guests: Dr. Tom Sweeney, Professor Emeritus OU & Executive Director Emeritus CSI and Dr. Jane Myers, Executive Director, CSI. I would like to extend a warm welcome to our new leadership team: President: Laura Pressley, VP Amber Casey, Secretary Kayla Thompson, and Treasurer Marcia Gase. And I would like to thank all the students who accepted nominations to run for leadership positions. We have a place to use your talents - so please, continue to be actively engaged. Finally I would like to thank Dr Tracy Leinbaugh for her service as secondary faculty advisor to our chapter, and I would like to thank our faculty for their continued support. It is an honor and joy to serve as your chapter faculty advisor. Go Alpha Bobcats!!

Christine Suniti Bhat, PhD, PC

CSI Events

Upcoming Events:

Last Meeting of the Quarter: May 29, 2012

CSI Induction Banquet: June 2, 2012

Have a Good Summer, and we will See you in the Fall!

Please remember our fellow counselors who will be traveling to South Africa this summer, with Dr. Yegan Pillay, Dr. Sheila Williams, and Dr. Lisa Harrison. They will be stationed in Port Elizabeth, South Africa. These counselor trainees include Chrissy Ward, Kayla Thompson, Gugu Nkosi, Gerard Grigsby, & LaKendra Johnson. For more information, please see one of these counselor trainees. Thank you!

CSI ALPHA CHAPTER

Faculty Advisor: Dr. Christine Suniti Bhat

President: Natalie Williams

Vice President: Maggie Selander

Treasurer: Tori Wood

Secretary: Carrie Luce

Committee Chairs

Social Justice/Advocacy: Maggie Selander

Fundraising: Tori Wood

Advertising/Newsletter: Chrissy Ward, Amber Casey

Professional Development: Eric Beeson & Laura Pressley

Social Chair: Natalie Williams

Chi Sigma Iota is an international honor society for professional counselors, counselor educators, and students in the counseling field. Established in 1985 at Ohio University, CSI strives to promote scholarship, research, professionalism, leadership, and excellence in counseling, while also recognizing high attainment in the pursuit of academic and clinical counseling excellence. Members of Ohio University's Chapter (Alpha) are part of a 372 chapter, 77,000 initiated active member organization. Additional information about these chapters and CSI as a whole can be found at <http://www.csi-net.org>.

CSI Photos



Bethany Fulton & Natalie Williams at the ACA Conference!

Katie Kostohryz, Natalie Williams, & Franchon Francees



Pictured from Left: Dr. Thomas Parham, Natalie Williams, Dr. Yegan Pillay and Dr. Patricia Arredondo at the Association for Multicultural Counseling and Development awards luncheon. Dr. Pillay won the Exemplary Diversity Leadership Award and Natalie won the Emerging Graduate Student Leader Award!

CSI Photos



Graffiti Wall Art for the Sue Apple Run: Painted by CSI Members and friends!
Pictured from Left: Johanna Henninge, Kayla Thompson, Amber Casey, and Marcía Gase.



Dr. Christine Suniti Bhat accepting the gavel for OCA President from OCA President David Mann. Congratulations! Her term as OCA President will be from July 1, 2012 ~ June 30, 2013

Pictured: Chrissy Ward, Kayla Thompson & Dr. Ziff at the Book Launch for "Athens Lunatic Asylum" written by Dr. Ziff.



CSI Photos- Patton College Awards



Shantel Hammett, Dr. Leinbaugh,
Dr. John Henning & Dean Middleton



Bilge Sulak, Dr. Leinbaugh & Dean Middleton



Eric Francis, Dr. Leinbaugh & Dean Middleton



Natalie Williams, Mrs. Doris Green,
Dr. Leinbaugh & Dean Middleton



Amber Casey & Dean Middleton



Sherry Shamblin, Dr. Leinbaugh & Dean Middleton

CSI Photos- Patton College Awards



Pictured from Left: Dr. Tom Davis, Shantel Hammet, Bilge Sulak, Dr. Christine Suniti Bhat, Natalie Williams, & Sherry Shamblin



Dr. Davis and Dean Middleton



Dr. Bhat and Dean Middleton

CSI Photos



The Big Chili Cooking Experience for the CSI sponsored Friday Night Supper! We cooked 30 Lb's of Meat, cut up and cooked many onions, peppers, and garlic, and threw in over 30 cans of tomatoes, juice, beans, etc. Pictured: Kayla Thompson, Johanna Henninge, Marcia Gase, Nanang Ganawan, and Amber Casey (Not pictured: Maggie Selander)